



Evaluating Core Stories

The Realization Project

2022

"Story is a yearning meeting an obstacle." --Robert Olen Butler

Examining Core Stories



- A core story is the belief(s) that shape our reality
- A core story is learned
- A core story dictates what is possible
- A core story is a lens through which we interpret reality
- A core story does not have to be objectively true

Objective = “dogs are loyal to their owners”

Subjective = “dogs make the best pets”



Identifying my Core Story

- What is your most painful memory related to money?
- What is your biggest fear about money?
- What were you taught was important about money?
- When have you been most positively or negatively moved by money?